



# ROWING HANDBOOK 2016



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# DIRECTOR OF ROWING WELCOME

Dear Parents, Friends and Athletes,

Welcome to the 2016 School rowing season and the Townsville Grammar School programme.

For those new to the sport I am sure you will enjoy being part of the TGS rowing community. We offer an inclusive programme that allows all students to experience the joys of teamwork, companionship and goal setting from learning to row through to racing.

Regatta days are especially exciting for the team. Held alternatively across two courses on the Ross River weir system, regattas provide opportunities for crews to race. All parents and students, participating or otherwise, are most welcome to show their support for our School and our athletes at these events.

The TGS Rowing Handbook is your most valuable resource for understanding the rowing programme and all the requirements for participation. I encourage parents to carefully read the information in this Handbook as it contains key dates for events specific operational protocols for the sport and general knowledge on the boats themselves.



On behalf of the Rowing staff, I wish you an enjoyable and rewarding season and I look forward to seeing you all down at the river!

A handwritten signature in black ink, which appears to be 'Corby Green'.

Corby Green  
Director of Rowing  
Phone: 4722 4951  
Mobile: 0411 150359  
Email: [rowing@tgs.qld.edu.au](mailto:rowing@tgs.qld.edu.au)

*\* Front cover photograph: 2015 Boys 1<sup>st</sup> VIII shot with GoPro camera during training.*



## Sport Charter

At Townsville Grammar School we believe that physical activity is important to the personal development and wellbeing of young people.

**At Grammar we believe that:**

- Participation and competition in Sport helps to foster and develop personal growth and a healthy balanced lifestyle.
- A sporting culture where personal achievement and team performances are valued and recognised as important.
- Personal best performance in Sport can only be achieved through dedication and perseverance.
- Sportsmanship reflects 'strength of character' and is a highly valued personal trait.
- Students must accept responsibility for their decisions and performance on the 'field of play'.
- Boys and Girls deserve equitable opportunities to participate in sport.
- Pride in our sporting uniforms plays an important part in creating a sense of belonging at TGS.
- Committed coaches and officials play a pivotal role in the management of an optimal sporting programme.
- Effective communication with all our stakeholders will enhance our sporting programme.
- Healthy competition is provided where our students have the opportunity to win, but not at 'all costs'.

# PERFORMANCE HISTORY

Townsville All Schools Competition					QLD State Championships		
Year	Participation	Head of the River 1 <sup>st</sup> VIII Titles	Head of the River Team Results		Gold	Silver	Bronze
			Boys	Girls			
2000	20	Girls VIII			N/A	N/A	N/A
2001	50	Girls VIII			N/A	N/A	N/A
2002	52	Boys VIII	2nd	2nd	3	1	1
2003	55		2nd	2nd	1	0	0
2004	54		2nd	2nd	2	0	0
2005	56		2nd	2nd	0	0	0
2006	57		2nd	2nd	0	0	1
2007	69		2nd	2nd	0	1	2
2008	59	Boys VIII	2nd	2nd	2	1	0
2009	65		2nd	2nd	1	0	1
2010	44		2nd	3rd	0	2	0
2011	53	Girls VIII	2nd	3rd	0	1	1
2012	73	Girls VIII	3rd	2nd	0	1	1
2013	63	Girls VIII	2nd	2nd	1	1	2
2014	61		2nd	3rd	2	0	4
2015	51	Boys VIII	2nd	2nd	1	3	3

Representative		Townsville Interregional Team
2006	John Buchanan	Boys Open Quad Scull
2007	Rebekah Boynton	Girls Open Quad Scull
2007	John Buchanan	Boys Open Quad Scull
2010	Shannon McEwen, Pia Astbury	Girls U16 Quad Scull
2010	Alice Brabon	Girls Open Quad Scull
2010	Kurt Stoeckl	Boys U16 Quad Scull
2011	Wes Lee, Connor McKay, Kurt Stoeckl	Boys U16 Quad Scull
2011	Alexandra Wilkins	Girls U16 Quad Scull
2011	Shannon McEwen	Open Girls Quad Scull
2011	Timothy Saunders	Open Boys Quad Scull
2012	Meghan Porteous, Elsie Stoeckl	Girls U16 Quad Scull
2012	Shannon McEwen, Samantha O'Dempsey	Open Girls Quad Scull
2013	Emma Green, Ella Thompson, Alicia Young	Girls U16 Quad Scull
2013	Liam MacDonald, Jacob Briggs	Boys U16 Quad Scull
2013	Elsie Stoeckl	Girls Open Quad Scull
2014	Whitney Brown	Girls Open Quad Scull
2014	Lachlan Stobie	Boys U16 Quad Scull
2015	Ben McEwen, Jackson Green	Boys U16 Quad Scull
2015	Ella Thompson, Alicia Young, Whitney Brown	Girls Open Quad Scull
2015	Liam MacDonald, Lachlan Stobie	Boys Open Quad Scull

# EVENT CALENDAR

All dates are correct at time of publication, however, we suggest you check the School website or confirm details with your coach prior to the event.

TERM	WEEK	DAY	DATE	ACTIVITY
1	2	Saturday	06/02	Club Sport Trials (North Ward Campus) 9:00am – 11:30am for Swim Test
1	3	Monday	08/02	Learn to Row Programme commences.
1	5	Monday	22/02	Call for nominations from Learn To Row participants wishing to sign on for the 2016 TGS Rowing Team.
1	5	Friday	26/02	Learn To Row Programme concludes for athletes <u>not continuing</u> on to the 2016 Rowing Team.
1	6	Monday	29/02	Transition Squad training begins.
1	6	Wednesday	02/03	2016 TGS Rowing Team Announced.
1	9	Tuesday	22/03	Transition Squad Training Concludes.
2	1	Monday	11/04	Team training begins.
2	3	Friday	29/04	2016 Season Launch Function.
2	4	Sunday	08/05	All Schools Rowing Regatta
2	6	Sunday	22/05	All Schools Rowing Regatta
2	8	Sunday	05/06	All Schools Rowing Regatta
2H		Thursday - Saturday	07/07-09/07	Rowing Camp (Yr 10 - 12). (Essential for any 10-12 athlete vying for 1 <sup>st</sup> VIII positions).
3	2	Saturday	23/07	Townsville Interregional Team Sculling Time Trial.
3	2	Sunday	24/07	All Schools Rowing Regatta.
3	4	Saturday Sunday	6-7/08	North Queensland Schools Rowing Championships.
3	6	Sunday	21/08	Townsville All-Schools Head of the River.
3	8	Friday	02/09	Rowing Presentation Dinner.
3	10	Thursday	15/09	Rowers Depart for State Championships.
3H		Sat - Mon	17-19/09	Queensland Schools State Rowing Championships Rockhampton.



# ROWING CAPTAINS



## Boys Captain

### Carl Burnett

Carl joined Grammar Rowing in year 9 showing very early talent for the sport. He adapted quickly and was soon crewing among his peers and through the next two years incrementally worked his way through strongly contested crews to position himself as one of our top athletes.

In 2015 as part of the Year 11 Boys Four he won Gold in the North Queensland Schools Championships, Gold at the Head of the River Championships and a Silver Medal at the prestigious Queensland Schools State Championships.

As a member of the 2015 Boys 1<sup>st</sup> VIII, he was part of that wonderful combination that secured the first Head of the River title in 6 years for that boat.

Carl will bring to the Captaincy a calm maturity and strong sense of commitment.

## Girls Captain

### Alicia Young

Alicia has been with the programme since 2012 when she joined in Year 8. She soon established herself as a highly competitive athlete as well as coxswain.

Having rowed and coxed until Year 10, in her Year 11 season she turned her attention solely to coxing and has commanded some of our most successful crews both locally and at the State Championships.

Having coxed four 1<sup>st</sup> VIII Crews, two of them to Head of the River Victories, along with a myriad of State Championship medals, her track record for gaining the most out of the crews she commands is most impressive.

Alicia brings to her role as Captain a methodical approach to planning and decision making and an infectious enthusiasm for her team and her sport.



# THE COMPETITION

The rowing season is conducted in Terms 2 and 3 with a series of locally hosted regattas culminating in the Head of the River Championships.

The local competition is run by a joint committee of the Heads of Rowing for each of the Schools below known as the Townsville All Schools Rowing Association or TASRA.

## The TASRA Competition

There are six schools in the TASRA competition.

SCHOOL	ABBREVIATION	COLOURS
St Margaret Mary's College	SMMC	Green, White and Blue
Ignatius Park College	IPC	Blue and White
The Cathedral School	TCS	Blue, White and Brown
Townsville Grammar School	TGS	Black and Gold
Ryan Catholic College	RCC	Royal Blue and Gold
St. Patricks College	SPC	Gold and Navy Blue

There are five regattas in the TASRA Competition:

REGATTAS	LOCATION
St Margaret Mary's College/Ignatius Park College Regatta	T&JCU Club Douglas
The Cathedral School Regatta	T&JCU Club Douglas
Townsville Grammar School	Riverway Club Rasmussen
Ryan Catholic College	T&JCU Club Douglas
TASRA Head of the River Regatta (Grand Final)	Riverway Club Rasmussen

Two further regattas are attended by TGS as part of the 2016 School Competition.

REGATTAS	LOCATION
North Queensland Schools Championships	Riverway Club Rasmussen
Queensland Schools State Championships (For selected athletes and crews only)	Rockhampton



## UNIFORM FOR SCHOOL COMPETITION REGATTAS

This uniform policy applies to all seven School endorsed regattas as detailed on the previous page:

- TGS sport shirt/State Title shirt
- TGS shorts
- TGS tracksuit
- TGS bucket hat/cap (NO HAT NO ROW)
- TGS zootie (plain black 'Bonds' shirt or black 'Skins' suit can be worn underneath)
- TGS body hugger
- TGS vest
- 30+ sun cream
- Water bottle

### **Please note the following uniform requirements:**

- Rowing uniform required for on water training and competition. When training at School wear appropriate exercise gear provided there is no mix and match with TGS uniform.
- Footwear – discrete thongs are acceptable for down at the river.
- Anytime rowers travel on a School bus, they must have sports shoes and socks.
- Presentation – the same rules for jewelry and hair apply at any time whether at School, in School uniform or when representing the School.

### **Hats and Racing:**

The wearing of a hat during a race may not be preferable for athletes. The policy on hats when racing is as follows:

- Your TGS bucket hat or cap must be worn as you push off from the dock and into the transit lane.
- Upon exiting the transit lane, hats may be removed and placed in the boat. For crew boats, it must be a crew decision to race hats on or hats off.
- At completion of your race, hats must be worn for your return to the dock and thereafter.

# THE ROWING SEASON

## TRAINING

Team training takes place at the Riverway Rowing Club, Loam Island Community Facility, Upper Ross River Road, Rasmussen.

## WEATHER

Rain, hail or shine, rowing is an all, weather all training sport. Generally the only conditions that will prevent training is the presence of an electrical storm or river conditions deemed unsuitable. Should you have any queries regarding training please contact the Director of Rowing.

## COMMUNICATIONS

Our primary method of communication with Athletes and Parents alike is the TGS Skoolbag App and email. From the first week of the season to the last, a weekly notice is delivered every Thursday via both mediums keeping you in touch with all matters related to the programme.

It is vital that students unable to access the Skoolbag App check their school email account regularly to receive these weekly notices. Students can log into their email accounts from home as well as view their mail during break times at School.

The TGS Rowing webpage also contains current and past notices and newsletters from the season as well as other valuable content.

**School Website:** [www.tgs.qld.edu.au/Co-curricular/Sport@Grammar/Rowing](http://www.tgs.qld.edu.au/Co-curricular/Sport@Grammar/Rowing)

## ABSENTEE COMMUNICATION

All advice of absences from training or regatta days MUST be made VIA PHONE to the Director of Rowing without exception. Email and SMS messaging are not acceptable methods of communicating absence.

Students who fail to attend a scheduled gym session, water session or rowing meeting will be required to complete an absentee form explaining their non-attendance.

Boarders will also have an email notification of absence forwarded to their parents and the Director of Boarding.

## TRAINING TIMETABLE – TERM 1

SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Year 8 Girls</b>	Learn to Row 4pm - 6pm				Learn to Row 4pm - 6pm	
<b>Year 9 Girls</b>	Learn to Row 4pm - 6pm				Learn to Row 4pm - 6pm	
<b>Year 10 Girls</b>	Gym (Foundation) 3:30pm - 5pm		Home Training as per plan		Gym (Foundation) 7am - 8:10am	
<b>Year 11 Girls</b>	Gym (Weights) 3:30pm - 5pm		Home Training as per plan		Gym (Weights) 7am - 8:10am	
<b>Year 12 Girls</b>	Gym (Weights) 3:30pm - 5pm		Home Training as per plan		Gym (Weights) 7am - 8:10am	
<b>Year 8 Boys</b>		Learn to Row 4pm - 6pm		Learn to Row 4pm - 6pm		
<b>Year 9 Boys</b>		Learn to Row 4pm - 6pm		Learn to Row 4pm - 6pm		
<b>Year 10 Boys</b>	Gym (Foundation) 7am - 8:10am			Gym (Foundation) 3:30pm - 5pm		Home Training as per plan
<b>Year 11 Boys</b>	Gym (Weights) 7am - 8:10am			Gym (Weights) 3:30pm - 5pm		Home Training as per plan
<b>Year 12 Boys</b>	Gym (Weights) 7am - 8:10am			Gym (Weights) 3:30pm - 5pm		Home Training as per plan

### Notes:

Year 10-12 **Girls** Sessions begin Monday 01/02/2016.

Year 10-12 **Boys** Sessions begin Monday 01/02/2016.

Year 8 - 9 PE Department Fitness Sessions begin Friday 05/02/2016.

Learn to Row Course commences Monday 08/02/2016.

## TRAINING TIMETABLE – TERMS 2 and 3

SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Year 8 Girls</b>	Rowing 4pm - 6pm			Rowing 5:30am - 7:15am	Rowing 4pm - 6pm	
<b>Year 9 Girls</b>	Rowing 4pm - 6pm			Rowing 5:30am - 7:15am	Rowing 4pm - 6pm	
<b>Year 10 Girls</b>	Gym 3:30pm - 5pm	Rowing 5:30am - 7:15am	Rowing 4pm - 6pm	Rowing 5:30am - 7:15am	Gym 7am - 8:10am	Rowing 5:30am - 7am
<b>Year 11 Girls</b>	Gym 3:30pm - 5pm	Rowing 5:30am - 7:15am	Rowing 4pm - 6pm	Rowing 5:30am - 7:15am	Gym 7am - 8:10am	Rowing 5:30am - 7am
<b>Year 12 Girls</b>	Gym 3:30pm - 5pm	Rowing 5:30am - 7:15am	Rowing 4pm - 6pm	Rowing 5:30am - 7:15am	Gym 7am - 8:10am	Rowing 5:30am - 7am
<b>*Note:</b> Female athletes selected for the Girls 1st VIII Crew will be required to train on Year 10 -12 days						
<b>Year 8 Boys</b>		Rowing 4pm - 6pm		Rowing 4pm - 6pm		Rowing 5:30am - 7am
<b>Year 9 Boys</b>		Rowing 4pm - 6pm		Rowing 4pm - 6pm		Rowing 7:15am - 9am
<b>Year 10 Boys</b>	Gym 7am - 8:10am	Rowing 5:30am - 7:15am	Rowing 4pm - 6pm	Gym 3:30pm - 5pm	Rowing 5:30am - 7:15am	Rowing 7:15am - 9am
<b>Year 11 Boys</b>	Gym 7am - 8:10am	Rowing 5:30am - 7:15am	Rowing 4pm - 6pm	Gym 3:30pm - 5pm	Rowing 5:30am - 7:15am	Rowing 7:15am - 9am
<b>Year 12 Boys</b>	Gym 7am - 8:10am	Rowing 5:30am - 7:15am	Rowing 4pm - 6pm	Gym 3:30pm - 5pm	Rowing 5:30am - 7:15am	Rowing 7:15am - 9am
<b>*Note:</b> Male athletes selected for the Boys 1st VIII Crew will be required to train on Year 10 -12 days						

## BUS TIMETABLE – TERMS 2 and 3

DAY	GROUP	DEPARTURE TIME	PICK UP POINT	DROP OFF
MON	Years 8 and 9 Girls	3.30pm	Gym	Riverway
	Years 8 and 9 Girls	6.00pm	Riverway	Gym
TUES	Years 10-12 Girls and Boys	4.50am	Gym	Riverway
	Years 10-12 Girls and Boys	7.15am	Riverway	Gym
	Years 8 and 9 Boys	3.30pm	Gym	Riverway
	Years 8 and 9 Boys	6.00pm	Riverway	Gym
WED	Years 10-12 Girls and Boys	3.30pm	Gym	Riverway
	Years 10-12 Girls and Boys	6.00pm	Riverway	Gym
THURS	Years 8-12 Girls	4.50am	Gym	Riverway
	Years 8-12 Girls	7.15am	Riverway	Gym
	Years 8 and 9 Boys	3.30pm	Gym	Riverway
	Years 8 and 9 Boys	6.00pm	Riverway	Gym
FRI	Years 10-12 Boys	4.50am	Gym	Riverway
	Years 10-12 Boys	7.15am	Riverway	Gym
	Years 8 and 9 Girls	3.30pm	Gym	Riverway
	Years 8 and 9 Girls	6.00pm	Riverway	Gym
SAT	Years 10-12 Girls and Year 8 Boys	4.50am	Gym	Riverway
	Years 9-12 Boys	6.40am	Gym	Riverway
	Years 10-12 Girls and Year 8 Boys	7.00am	Riverway	Gym
	Years 9-12 Boys	9.00am	Riverway	Gym

# FEE STRUCTURE

## LEARN TO ROW

Learn to Row Course (3 weeks - 6 Sessions)	\$140.00
<b>Total Fee for Student participating in the Learn to Row Course</b>	<b>\$140.00</b>
Students who complete the Learn to Row programme and choose to continue with the sport become a <b>Transition Squad</b> and continue training through to end of Term 1.	\$140.00
<b>Total Fee Term 1 - for students that complete the Learn to Row Course and Transition Squad Training.*Note: Further fees apply for Terms 2 &amp; 3. See below.</b>	<b>\$280.00</b>

## ROWING FEES - YEARS 8-9

Rowing Queensland Junior Competitive Registration Fee	\$44.00
Riverway Rowing Club School Rowing Fee	\$360.00
Coaching Levy - (Contributes to coaching fees)	\$300.00
TGS Equipment Levy - (Contributes to fundraising for purchasing and maintenance of our own equipment)	\$80.00
Administration Levy	\$90.00
<b>Total Fee Terms 2 and 3 (combined)</b>	<b>\$874.00</b>

## ROWING FEES - YEARS 10-12

Rowing Queensland Junior Competitive Registration Fee	\$44.00
Riverway Rowing Club School Rowing Fee	\$360.00
Coaching Levy - (Contributes to coaching fees)	\$440.00
TGS Equipment Levy - (Contributes to fundraising for purchasing and maintenance of our own equipment)	\$120.00
Administration Levy	90.00
<b>Total Fee Terms 2 and 3 (Combined)</b>	<b>\$1054.00</b>

**COXING FEES** for athletes that intend to focus solely on coxing rather than rowing, the following fees apply

Rowing Queensland Junior Competitive Registration Fee	\$44.00
Riverway Rowing Club *Associate Member Fee (Annual Non Rowing Membership)	\$66.00
Administration Levy	\$90.00
<b>Total Fee Terms 2 and 3 (Combined)</b>	<b>\$200.00</b>



# TGS ROWING VALUES

- **Start the Season As You Mean to Finish.** In order to perform at their best, students should be physically ready to row at the beginning of Term 2. Each rower needs to take the first positive steps now in order to achieve their long term goals, e.g. to be the fastest sculler in your age group or to make the 1<sup>st</sup> VIII.
- **Take Responsibility For Your Own Actions.** Do not be tempted to blame others (coaches, officials, your opposition) when things do not go to plan. Instead, learn from every situation and ask yourself “how could I have handled this better”.
- **Row Smart.** Be part of a rowing culture where it is “cool to be intelligent” and “uncool to act dumb”. The smart rowers know their opposition, plan their approach to study, training and recovery, set achievable goals and most importantly, ask questions.
- **Recover Properly.** Recovery time is as important to athletic performance as training time. Be in bed 8 hours before you need to wake up. Turn off your mobile phone. Turn off your computer.
- **Do Your Best Every Day and Not Just On the Day of Your Race.** Every training session is important. Your team mates rely on you for performance and the coaches rely on you for the same. ***Races are won and lost in training!***
- **Focus on the Process of Achieving Goals and Not Only on the Outcome Itself.** You have no control over an outcome, but you can control the process. Your greatest chance of success comes when you embrace the process, enjoy the preparation and enter the race with the confidence that you have done all you can to be the best you can be.

*“Far better is to dare mighty things, to win glorious triumphs, even though checkered by Failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the grey twilight that knows not victory nor defeat.”*

*--Theodore Roosevelt--*

# CREW SELECTION PROCESS

## AIMS

For our Early Development Athletes in Years 8 and 9, the primary aim is to introduce them to the sport of Rowing, the mechanics of the boats, the importance of team work and the rewards of companionship as they all work towards a common goal.

For Intermediate and High Performance Athletes our aims are as follows:

- To fairly select rowers into suitable crews.
- To inspire and motivate our athletes to achieve their personal goals.
- To boat the fastest combination of athletes into the 1<sup>st</sup> crew and the next fastest into the 2<sup>nd</sup> crew.

## SELECTION TOOLS

Selection of crews is based on performance evaluations using at least two of the following four assessments.

### ERGO TEST

The ergo (ergometer) test is a timed piece on a Concept II rowing machine over a set distance. With this tool the athletes can test their power, endurance and technical capability.

### SINGLE SCULL TIME TRIAL

The single scull time trial tests the athletes' ability to move a boat on the water. This trial is a timed piece over 2000m for Seniors and 1000m for Juniors in which all athletes are endeavouring to record their fastest possible time.

### SEAT RACING

Seat racing is used to 'race off' various combinations of athletes in crew boats. All athletes complete the same amount of timed pieces at set ratings. With this test the distance between boats is the determining factor.

### TECHNIQUE ASSESSMENT

All Rowers may have their technique assessed by way of video analysis. Video referencing is a great resource for the athletes and allows coaches to critique and judge performance as part of an overall assessment.

### ATTENDANCE

Athlete's attendance record plays a large part when assessing suitability for high performance crews.

### TIMELINE

All athletes will be selected into preliminary crews in June by combining the various selection methods as described above. These crews remain open for change at any time at the discretion of the Coach. Events that may necessitate a change are detailed on page 15 under 'Considerations'.

## CONSIDERATIONS

Although the likelihood of occurrences that warrant any of the below actions are considered remote within our programme, they are nonetheless worth documenting should, for any reason, challenging circumstances arise.

## SPECIAL CONSIDERATIONS

If because of injury or illness an athlete is unable to meet any of the requirements of the selection or training process' they may still be considered for crews. Any medical conditions/restrictions will require a certificate from a medical practitioner.

## PERFORMANCE

If, after the selection of crews, any athlete/s slip in their commitment or performance, a crew change may be made at the discretion of the Coach. Any change of this kind will not be made lightly.

## PERSONALITY ISSUES

It is fair to say that from time to time personalities will clash. This happens anywhere and everywhere from school rowing to elite representative crews. The TGS coaches do not consider personality issues or friendship groups in the selection process. Our primary aim is to select the most appropriate crews for our target regattas.

This process tends to break down previously unpassable differences and rewards the athletes with a new level of respect for each other and the formation of new companionships. They learn quickly that it is the sum of the parts that makes or breaks a successful team not any individual.

## PUNCTUALITY

All team members are to be on site and ready to begin training at the designated times. Athletes should **arrive 10 minutes prior to the designated time**. Training begins at the designated time. Athletes who are late not only let themselves down but also disrupt other members of the squad. A courtesy call to the Coach is always appreciated in advance.

Continual lateness or non-attendance will be addressed as a performance/commitment issue.

School camps, block exams and excursions do take priority over Rowing and will have no effect on crew selections. Please advise your coach in advance of these occasions.

Regatta Day: Athletes **MUST** be at the Regatta site no less than **70 minutes** prior to their race. Failure to arrive within this timeframe may result in a substitution.

# COXSWAINS

The role of the Coxswain can never be underrated. They are the Commander-in-Chief of any coxed boat. They have the task of steering the boat, calling the race plan and motivating the crew when there is little to give but 'will' itself.

Coxes are considered to be assistant coaches and are one of our most valued assets.

The following qualities play a key role in a good Coxswain:

- Good communication skills
- Ability to steer the boat
- Extent of rowing knowledge and willingness to acquire new skills
- Leadership qualities, including ability to take charge of the crew off the water
- Ability to work with the Coach in developing the crew

The Coxswain's (cox or cox'n) primary job is to keep the boat moving straight and the rowers in synchrony. The coxswain is also responsible for the safety of all the Rowers in the boat as well as all of the equipment, on and off the water.

During a race, the Coxswain used a 'cox-box' to monitor the Rower's stroke rate and call out the optimal cadence. The 'cox-box' is a small electronic device that amplifies the Coxswain's voice and also provides a read-out of important rower performance information. There are a series of small speakers in the boat under the seats that transmit the commands of the Coxswain to the Rowers.

There can be many strategies employed during a race and the Coxswain's mastery of tactics, motivational calls and steering skills play an integral part in the crew's overall performance.

Coxes are required to weigh 50kg or less.



# DIET AND EXERCISE

## General

No matter what our endeavors are the merits of 'healthy in body, healthy in mind' are substantial and well documented. Regular exercise and a well-balanced diet are essential not only for good physical performance but for mental health as well.

High fat and processed foods, apart from poor nutrition, tend to satisfy hunger but do not provide the necessary energy of complex carbohydrates.

Rowing is a physically demanding sport and the correct diet is very important if energy levels are to be sustained.

## Diet

The main requirement for a 'Rowing' diet is large quantities of complex carbohydrates such as fruit and vegetables, grain products such as rice, pasta and grained bread. Quality breakfasts include cereals such as porridge, Weet Bix, whole grain products or raw muesli.

Rowers should have snacks before and after exercise eg fruit, sandwiches and drinks.

## Exercise

Apart from the on water training supervised by the coaching staff, athletes are encouraged to maintain and improve on their cardio-vascular fitness. A self-managed routine of cross training such as running, swimming, cycling and other co-curricular sports is encouraged.

## Regatta Day

Ideal food for race day eating include banana and honey sandwiches, fresh or dried fruit, low fat yogurt, pikelets and jam, sports drink and plenty of water.

High carbohydrate intake immediately after heavy training or a race is the key to successful glycogen replacement.

It is a requirement that all athletes bring a suitable water bottle that is clearly labeled. This will travel with them in the boat. Athletes who fail to bring a water bottle may not be allowed on the water.



# AWARDS NIGHT

The annual Rowing Presentation Dinner is an opportunity for the team and parents to join together in celebration of the season past and recognises the efforts and achievements of our team and its members.

All rowers attend this dinner which will be held in the Centenary Gymnasium on Friday September 2<sup>nd</sup> from 6.30pm – 8.30 pm.

A summary and criteria for Rowing awards is provided below.

## **Best Rower**

This award is presented to the highest performing athlete, male and female, for the Senior School (Years 10, 11 and 12), male and female, for Middle School (Years 8 and 9). Total of 4 awards.

This award is based on race wins for each of the four All Schools Rowing Association endorsed regattas, the North Queensland Rowing Championships and the Head of the River regatta. In the absence of a race win for a category, place positions will be calculated accordingly.

## **Most Improved Rower**

This award is presented to the most improved rower, male and female, for Senior School and Middle School. Total of 4 awards.

This award is judged by the rowing coaches and presented to athletes that have, in their opinion, made the greatest advances in their rowing throughout the season.

## **Best Coxswain**

This award, judged by the coaches and the Director of Rowing, is presented to the Coxswain who has made the greatest contribution to the success of the crews they have commanded throughout the season.

## **MVR**

The Most Valuable Rower award is presented to one male and one female athlete for the entire team. Total of 2 awards.

This award does not necessarily go to the highest performing Rower, but to a Rower who has maintained their consistency across many levels from attendance and performance, to volunteer involvement in and around training days and regattas and assisting in the “Lear to Row” programme and other like activities.

Judged by the coaches, Director of Rowing and Director of Sport and PE, the winner of this award has played a positive role in all aspects of the programme and has earned the respect of athletes and staff alike for their contribution to the team as a whole.



# ROWING BOATS

For the novice rower and parents, understanding what Rowing is all about is almost like learning a new language! To this end we have drafted the information below to help explain the boats themselves and how they can be identified.

There are two types of boats used in Rowing, sweep boats and sculling boats. In sweep rowing, each Rower uses only one oar. In sculling the rower used two smaller oars. Sweep boats can have two, four or eight rowers. Sculling boats have one, two or four rowers.

Each type of racing shell has a specific designation code. You will see these designations used in regatta programmes and the following legend will help you identify with these codes.

**Number:** How many rowers are in the shell

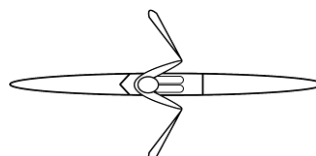
**X:** If there is an X, it means they scull. No X means they sweep

**+:** Mean there is a coxswain on board

**-:** Means there is no coxswain

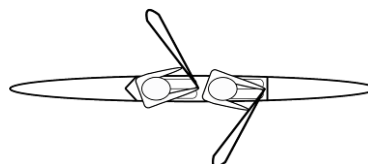
**SINGLE:** One Rower, no Coxswain.

**Designation: 1x**



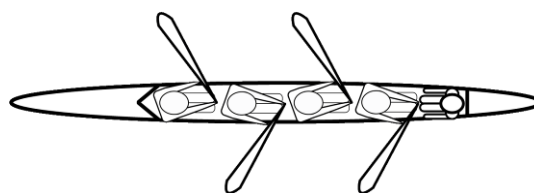
**PAIR:** Two Rowers with one oar each.

**Designation: 2-**



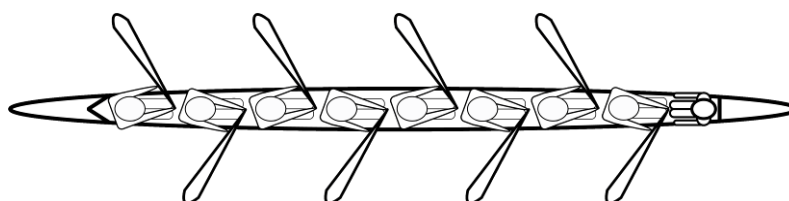
**FOUR:** Four Rowers with one oar each and a Coxswain.

**Designation: 4+**



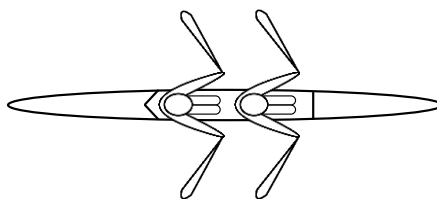
**EIGHT:** Eight Rowers with one oar each and a Coxswain.

**Designation: 8+**



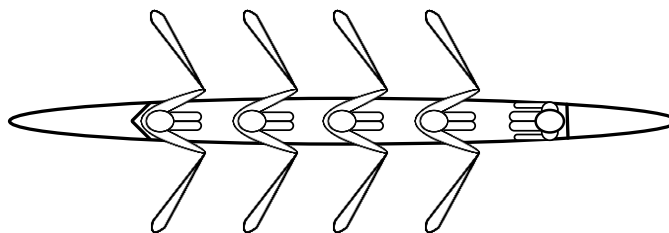
**DOUBLE:** Two Rowers with two oars each.

**Designation:** 2X-

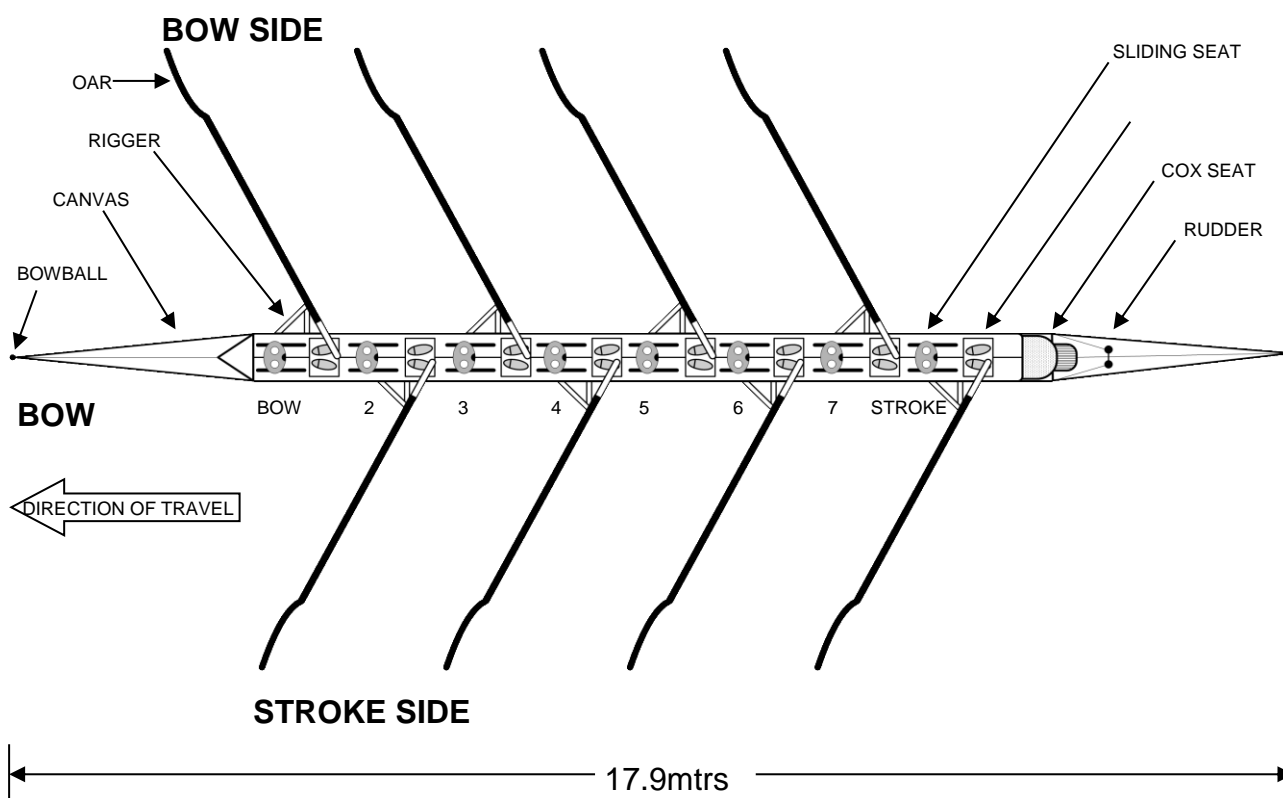


**QUAD:** Four Rowers with two oars each and a coxswain.


**Designation:** 4X+



### ANATOMY OF A RACING EIGHT



## WHAT THINGS COST AND WHY WE CARE FOR THEM SO WELL!

	Racing Class Single Scull	\$10,000
	Racing Class Double Scull	\$14,000
	Racing Class Quad Scull	\$24,000
	Racing Class 8	\$38,000+
	1 x Sculling Oar	\$260
	1 x Sweep Oar	\$450
	Speed Coach Gold	\$499
	Cox Box	\$1100
	A winged Rigger	\$300
	Bow or Stern Lights	\$35 each

# ROWING APPAREL



## **TGS Zoot Suit**

The TGS Zoot Suit is a mandatory item for competing in all School representative regattas.

**\$115.00**



## **Body Hugger**

This stretch cotton undergarment offers first layer protection in cold weather without impeding the function of the rowing stroke. (This item is worn under the zoot suit).

**\$60.00**



## **State Title Shirt**

These shirts are presented to athletes who have been chosen to represent the School at the Queensland State Championship regatta. These shirts, once earned, accumulate State Title, 1<sup>st</sup> VIII and Captaincy achievements thereafter.

# ROWING APPAREL



## **Vest**

The Fleecy Vest can be worn as a Rowing uniform garment or for training in cold weather. It can be worn over any combination of TGS approved Rowing apparel.

**\$66.00**



## **1<sup>st</sup> VIII Zoot Suit**

These suits are presented to those members chosen to represent the School in 1<sup>st</sup> VIII crews at the Head of the River Regatta. These suits can only be worn for the 1<sup>st</sup> VIII's race at this regatta and Rowers who represent more than once can accumulate their representative years under the School crest.

# GLOSSARY OF TERMS

<b>BOW:</b>	Forward end of boat
<b>BOW (man):</b>	The rower or sculler in the seat nearest the bow
<b>BOW BALL:</b>	Safety ball fitted to sharp stem of racing boat
<b>BOWSIDE (starboard):</b>	All the Rowers whose oars are in the water on the right hand side of the boat when viewed from the stern
<b>BUTTON:</b>	Leather or plastic sheath on oar or scull to prevent it from slipping through the rowlock: adjustable on modern oars
<b>CANDANCE:</b>	Uniform stroke rate
<b>CANVAS:</b>	The canvas on fore and aft decks of a boat
<b>CATCH:</b>	The part of the stroke when the blade is put in the water
<b>COXSWAIN (cox):</b>	Steers the boat from a seat in the stern or a lying position in the bow
<b>CRAB:</b>	Occurs when Rower fails to get the oar out of the water at the end of the stroke; can result in the Rower being ejected by the oar from boat to water
<b>CREW:</b>	Rowers who man a boat
<b>ERGOMETER:</b>	A rowing machine to measure the metabolism rate or amount of energy expended during work measured in ergs (unit of work)
<b>FEATHER:</b>	To turn the blade parallel with the water surface at the start of the recovery to reduce wind resistance
<b>FINISH (release):</b>	The point when the rower pulls the oar to the body with the arms and then extracts the blade/s from the water
<b>FISA:</b>	Federation Internationale des Societies d'Aviron; the International Rowing Federation
<b>GATE:</b>	Bar across a rowlock to retain the oar
<b>INBOARD:</b>	The distance between the far end of the handle of an oar or scull and the face of the button. The remainder is called the outboard



<b>RIGGER:</b>	A metal framework or a carbon-fibre reinforced arm to support the rowlock which is placed approximately 760mm from the centre of the boat
<b>RATING:</b>	The rate of striking, or the number of strokes per minute that a crew is rowing
<b>RECOVERY:</b>	The part of the stroke cycle between the finish and the catch in which the oar is feathered and the seat is returned to the aft end of the slide
<b>RELEASE:</b>	The finish of the stroke removing the oar from the water
<b>ROWLOCK (rollock oarlock):</b>	A device which swivels on the end of the outrigger to support the oar
<b>SCULLING:</b>	One Rower using two oars or sculls
<b>SLIDE:</b>	The term used to describe the seat on which rowers sit. The seat has wheels underneath it and the wheels sit in tracks. This way the rowers can slide forward to the catch
<b>STRETCHER:</b>	A frame with straps or shoes to anchor the rower's feet
<b>STROKE:</b>	The rower seated nearest the stern
<b>STROKE SIDE (port):</b>	All the rowers whose oars are in the water on the left hand side of the boat when viewed from the stern



## BOAT NAMES

All TGS boats follow a tradition of Latin names.

<b>Melior Exi</b> (Vespoli Eight) -	Means: Go Out Better
<b>Meliora</b> (Hale Single Scull) -	Means: Best
<b>Ad astra</b> (Prime Double Scull) -	Means: To the Stars
<b>Emeritus</b> (JR Single Scull) -	Means: Honorary, by merit
<b>Mare liberum</b> (JR Single Scull) -	Means: An Open Sea
<b>Credemus</b> (Prime Quad Scull) -	Means: We Believe
<b>Liberty</b> (Prime Single Scull) -	Means: Free
<b>Victoria</b> (Prime Single Scull) -	Means: Victory
<b>Validus</b> (Sykes Quad Scull) -	Means: Strong, Mighty, Powerful
<b>Accelero</b> (Sykes Quad/Four) -	Means: to quicken, accelerate
<b>Valeo</b> (Hale Pair/Double) -	Means: To have Strength/Power
<b>Animus</b> (Hale Single Scull) -	Means: To have Spirit/Passion
<b>Impervius</b> (Hale Single Scull) -	Means: Unable to be passed
<b>Supero</b> (Vespoli Pair/Double) -	Means: To be above, Conquer
<b>Exertus</b> (Hale Single Scull) -	Means: To thrust forward
<b>Volatus</b> (Hale Single Scull) -	Means: Velocity
<b>Bellator</b> (Vespoli Quad/Four) -	Means: Courageous, Brave, Warlike



## A SLICE OF ROWING LIFE











### 2015 Gold Medal Boys Year 9 Double Scull

QUEENSLAND SCHOOLS ROWING CHAMPIONSHIPS  
Jackson Green Ben McEwen  
Coach: Wayne Roy



### 2015 Silver Medal Boys Year 11 Four

QUEENSLAND SCHOOLS ROWING CHAMPIONSHIPS  
Alicia Young (Coxswain) Chris O'Dempsey Jayden Livock Carl Burnett Lachlan Stobie





### 2015 Bronze Medal Open Girls Quad

QUEENSLAND SCHOOLS ROWING CHAMPIONSHIPS

Ella Thompson Whitney Brown Jasmine Tait Emma Green Brianna MacDonald (Coxswain)



### 2015 Bronze Medal Boys Year 11 Double Scull

QUEENSLAND SCHOOLS ROWING CHAMPIONSHIPS

Chris O'Dempsey Lachlan Stobie



